The Snack Tracker

Use The Snack Tracker to help you understand your snacking habits. Include the time of day, where you were, and how hungry you were at the time of your snack attack (1=not at all hungry; 10=ravenous). Review at the end of the week. Do you see trends or triggers?

Monday		
What?	Time? How Hungry?)
Where were you/what were you doing?		
What?	Time? How Hungry?	
Where were you/what were you doing?		
What?	Time? How Hungry?	·
Where were you/what were you doing?		
What?	Time? How Hungry?	<u> </u>
Where were you/what were you doing?		
Tuesday		
• What?	Time? How Hungry?)
Where were you/what were you doing?		
What?	Time? How Hungry?)
Where were you/what were you doing?		
What?	Time? How Hungry?)
Where were you/what were you doing?		
What?	Time? How Hungry?	
Where were you/what were you doing?		
Wednesday		
What?	Time? How Hungry?	<u> </u>
Where were you/what were you doing?		
What?	Time? How Hungry?	·
Where were you/what were you doing?		
What?	Time? How Hungry?)
Where were you/what were you doing?		
What?	Time? How Hungry?)
Where were you/what were you doing?		
Thursday		
What?	Time? How Hungry?)
Where were you/what were you doing?		
What?	Time? How Hungry?)
Where were you/what were you doing?		
What?	Time? How Hungry?)
Where were you/what were you doing?		
What?	Time? How Hungry?	·
Where were you/what were you doing?		

Friday

•	What?	Time?	How Hungry?
	Where were you/what were you doing?		
•	What?	Time?	How Hungry?
	Where were you/what were you doing?		
•	What?	Time?	How Hungry?
	Where were you/what were you doing?		
•	What?	Time?	How Hungry?
	Where were you/what were you doing?		
•	What?	Time?	How Hungry?
	Where were you/what were you doing?		
Satur	day		
•	What?	Time?	How Hungry?
	Where were you/what were you doing?		
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	Where were you/what were you doing?		
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	Where were you/what were you doing?		
•	What?	Time?	How Hungry?
	Where were you/what were you doing?		
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	Where were you/what were you doing?		
Sund	ау		
•	What?	Time?	How Hungry?
	Where were you/what were you doing?		
•	What?	Time?	How Hungry?
	Where were you/what were you doing?		
•	What?		How Hungry?
	Where were you/what were you doing?		
•	What?	Time?	How Hungry?
	Where were you/what were you doing?		
•	What?	Time?	How Hungry?
	Where were you/what were you doing?		

